I CLAIM:

1. A tape measure magnet, comprising, in combination:

a spring-loaded tape measure having an extendable tape housed inside a casing, said tape has a first end having a tab coupled thereto; and

a magnet having a tab coupling side and an attracting side, said tab coupling side is dimensioned to be coupled to said tab of said first end of said tape, said attracting side of said magnet has sufficient attractive force to retain metal objects in a fixed position relative thereto when said metal objects are brought into proximity with said attracting side of said magnet.

- 2. Said tape measure magnet of Claim 1 wherein said tab coupling side of said magnet comprises a screw dimensioned to be coupled to said tab by a threaded aperture defined therein.
- 3. Said tape measure magnet of Claim 1 wherein said tab coupling side of said magnet comprises a prong dimensioned to be coupled to said tab by a slot defined therein.
- 4. Said tape measure magnet of Claim 1 wherein said casing has at least one metal side dimensioned to receive said attracting side of said magnet so that said magnet can be retained in a fixed position relative to said metal side of said casing when said attracting side of said magnet is brought into proximity with said metal side of said casing.

5. A method for retrieving metallic objects from a distance comprising, in combination, said steps of:

providing a spring-loaded tape measure having an extendable tape housed inside a casing, said tape has a first end having a tab coupled thereto;

providing a magnet having a tab coupling side and an attracting side, said tab coupling side is dimensioned to be coupled to said tab of said first end of said tape, said attracting side of said magnet has sufficient attractive force to retain metal objects in a fixed position relative thereto when said metal objects are brought into proximity with said attracting side of said magnet;

extending said first end of said tape;

bringing said magnet into proximity with a metal object so that said magnet is able to retain said metal object in a fixed position relative thereto; and

retracting said first end of said tape to fetch said metal object to said casing of said tape measure.

6. The method of Claim 5 further comprising the steps of:
providing a screw coupled to said tab coupling side of said
magnet and dimensioned to be coupled to said tab by a threaded
aperture defined therein; and

screwing said screw of said tab coupling side of said magnet into said tab to secure said magnet to said tab.

7. The method of Claim 5 further comprising the steps of:

providing a prong coupled to said tab coupling side of said
magnet and dimensioned to be coupled to said tab by a slot
defined therein; and

coupling said prong of said tab coupling side of said magnet into said tab to secure said magnet to said tab.

- 8. The method of Claim 5 wherein said casing has at least one metal side dimensioned to receive said attracting side of said magnet.
- 9. The method of Claim 8 further comprising the step of positioning said attracting side of said magnet into proximity with said metal side of said casing so that said magnet can be retained in a fixed position relative to said metal side of said casing.